



Riverdog Farm

April 8, 2019

Riverdog Farm Veggie Box News

Box Contents:

1 lb Asparagus
2 lbs Murcotts
1 bu White Spring Onions
1 bu Carrots
1 bu Red Beets
 $\frac{1}{4}$ lb Snow Peas
 $\frac{1}{4}$ lb Arugula

Box Notes:

The Murcott mandarins in your veggie box this week are from Gold Oak Ranch in Rumsey and are CCOF-certified organic. This is the last week of mandarins. They are slightly cosmetically challenged but are still deliciously juicy and sweet on the inside.

The scoop on the re-usable gray plastic totes:

When you pick up your veggie box, please check it for a white sticker label (either on the sides/ends and/or top). If it has a white sticker label with someone's name on it, then it has add-ons and is a special order for someone else. Be sure to take a veggie box without a white label if you are picking up a veggie box without add-ons. Please return the tote to your drop site the following week or bring an empty bag to transfer the items into the same day that you pick up. Thank you for returning the totes to your drop site for re-use!

Spring Hams: Place your order for holiday hams! The whole hams are \$11 per lb and average about 8 lbs. The hams come frozen delivered to a CSA drop site or one of the farmers markets we attend (3 in Berkeley and 1 in Sacramento). Email the farm at cса@riverdogfarm.com to place your order or visit

<https://csa.farmigo.com/store/riverdogfarmcsa>. The deadline to order for Easter delivery, to be picked up at the Saturday Berkeley Farmer's Market, is April 18, 2019. For ham deliveries to the CSA drop sites, please place your order by Friday, April 12, 2019.

Capay Valley Garden Tour

Visit the gardens of the Capay Valley! Come join in the delight of spring flowers, strolling through many of the Valleys' finest gardens. Talk to the gardeners themselves and learn the secrets of their success. New gardens have been added this year as well as several points of interest along the drive though the valley. Many of the gardens are also showcases for agricultural production in the Capay Valley. You are welcome to picnic in the gardens – **delicious box lunches will be for sale** at the Guinda Grange Hall using local ingredients. Art and plants will also be for sale at the Grange Hall.

There is a [wonderful line up of workshops](#) this year at some of the locations. Each workshop is \$10. Take home a bouquet, or a plant for your garden to commemorate this Mothers Day.

All proceeds from this tour will go towards establishing and enhancing public garden projects in the communities of Esparto and the Capay Valley, including the historic [Guinda Grange Hall](#)'s restoration project. Thank you for helping keep the Capay Valley beautiful! Please leave all furry friends at home.

To learn more about the annual garden tour visit: <https://www.thecapayvalleygardentour.com/>.

2019 CSA Payment Schedule:

2nd Quarter
April/May/June
\$312

Annual Payment

\$1,152

(This amount includes 2 free boxes!)

To view the 2019 payment schedule visit:

[2019 Payment Schedule](#)

Quarter 2: Wednesdays \$312 Thursdays \$312 Fridays \$312

Quarter 3: Wednesdays \$312 Thursdays \$312 Fridays \$312

Quarter 4: Wednesdays \$288 Thursdays \$288 Fridays \$288

Annual Payment (annual payers receive 2 complimentary veggie boxes): \$1,152

We encourage you to consider making the annual payment for your veggie box deliveries. This helps support the farm by providing advance purchasing power for labor, seeds, fertilizers, and other farming expenses that are essential to get the next growing season going. Thank you for supporting the farm with your continued CSA

Heartbeat Chocolate Cake

From: <https://www.bonappetit.com/recipe/heartbeet-chocolate-cake>.

- 4 medium beets, scrubbed
- 2 Tbsp. virgin coconut oil, plus more for pan
- $\frac{1}{2}$ cup Dutch-process cocoa powder, plus more for pan
- $1\frac{1}{2}$ cups almond flour
- $\frac{1}{2}$ tsp. baking soda
- $\frac{1}{2}$ tsp. ground cinnamon
- 2 oz. bittersweet chocolate, coarsely chopped
- 1 tsp. apple cider vinegar or distilled white vinegar
- 1 tsp. vanilla extract
- 4 large eggs
- $1\frac{1}{4}$ cups (packed) light brown sugar
- 1 tsp. kosher salt
- 4 oz. bittersweet chocolate, coarsely chopped
- 1 Tbsp. virgin coconut oil
- $\frac{1}{4}$ tsp. vanilla extract
- Pinch of kosher salt
- Gold luster dust (for serving; optional)

1. Cook beets in a medium pot of boiling unsalted water until tender, 30–40 minutes, depending on size. Drain and rinse under cold water until cool enough to handle. Cut off stem end, then peel and cut beets into large pieces. Transfer to a blender and add 2 Tbsp. water. Blend, adding water 1 Tbsp. at a time as needed, until a smooth purée forms—it should be the consistency of applesauce. Measure out 1 cup purée (reserve remaining purée for another use, such as blending into a smoothie).
2. Preheat oven to 350°. Line bottom of an 8" round cake pan with parchment. Grease with oil, then dust with cocoa powder, tapping out excess.
3. Whisk almond flour, baking soda, cinnamon, and remaining $\frac{1}{2}$ cup cocoa powder in a medium bowl; set aside.
4. Heat chocolate and remaining 2 Tbsp. oil in a medium heatproof bowl set over a saucepan of barely simmering water, stirring often, until melted. Remove bowl from heat. Stir in vinegar, vanilla, and reserved 1 cup beet purée until smooth.
5. Beat eggs, brown sugar, and salt in the large bowl of a stand mixer fitted with the whisk attachment on medium-high speed (or use an electric mixer and large bowl) until more than tripled in volume and mixture holds a ribbon for several seconds when beater is lifted above batter, 5–7 minutes. Thoroughly beating the eggs is key to creating an aerated, light crumb and is a critical step when using gluten-free ingredients.
6. Pour chocolate-beet mixture into egg mixture and beat on medium-low speed until combined. Turn mixer off and gently tip in reserved dry ingredients. Beat on lowest speed, scraping down bowl as needed, until combined.
7. Transfer batter to prepared pan. Bake cake until a tester inserted into the center comes out clean and the top springs back when gently pressed, 45–50 minutes. Let cool 10 minutes. Carefully run a knife around edges of pan, then invert cake onto a wire rack and let cool.

Glaze

1. Heat chocolate, oil, vanilla, and salt in a medium heatproof bowl set over a saucepan of barely simmering water, stirring often, until chocolate is melted. Let cool, stirring occasionally, until mixture is thickened and cool enough to touch, 10–15 minutes.
2. Place rack with cake on a rimmed baking sheet. Pour glaze over center of cake to cover top, tilting baking sheet slightly to encourage a few drips to run over sides of cake. Sprinkle with luster dust (if using). Let sit at room temperature until glaze is set, 2–3 hours.
3. **Do Ahead:** Cake (without luster dust) can be glazed 2 days ahead. Cover and store at room temperature.